

Message

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**From:** Nicole [REDACTED]  
**Sent:** 4/11/2006 8:59:19 PM  
**To:** [REDACTED]

**Subject:** Receipe exchange

Please send a recipe to the person whose name is listed in the number one position:

1. Mo Guyette- [REDACTED]

2.Nicole Medin [REDACTED]

Next...in another e-mail, move my name to the number 1 position and put your name in the number 2 position. Only your name and mine should appear on this list when you send your e-mail. Send the e-mail to 8 friends (or more if you like).

This is just for fun. If you cannot do this within 5 days, please let me know so it will be fair to those participating. I will send it to another friend who likes to cook. You should receive at least 36 recipes.

It's fun to see where they come from.

Seldom does anyone drop out as everyone likes to get new recipes. The turnaround is fast because there are only 2 names on the list and it is sent via e-mail.

I hope you get some great recipes!